

How to Reduce Your Blood Cholesterol in Simple Practical Ways

A high cholesterol level increases the risk of acquiring heart disease, myocardial infarction and high possibility of developing a heart attack. High cholesterol is often due to ignorant and unhealthy eating habits or due to malfunctioning of the body to regulate and maintain normal levels. Obesity is also known to be linked to high cholesterol and cardiac disease. Adopting simple lifestyle changes can help you live a longer better quality life.

Steps

- 1 Reduce your intake of red meat.** Red meat is known to contain high levels of lipids and dangerous fats that makes the blood liquid levels thicker and more difficult to flow through veins and arteries. This fat accumulates around the walls of blood vessels and arteries of the heart, thereby constricting or obstructing blood flow. Trim excess fat from red meat before cooking.
- 2 Remove skin from chicken before cooking.** Although the body requires natural essential fatty acids, other forms of lipids and dangerous fats present in chicken fat poses great danger to your health. An alternate healthier choice would filleted or deboned chicken.
- 3 Avoid foods that are cooked by deep frying.** Snacks and fast foods like French fries and other savories should be avoided as far as possible. The oil content is extremely high in these foods. The body accumulates these oils as excessive fat reserves, indirectly increasing your cholesterol levels.
- 4 Perform a blood cholesterol test regularly.** Ask your doctor at a local clinic or community hospital to run frequent tests. In this way you can monitor and be made aware of any changes that are required regarding medicine regimen or eating habits. Rapid tests are also available at pharmacies, should you require one in a short space of time. Home testing devices are also available for regular personal use.
- 5 Try adopting a vegetarian diet, should the problem of high cholesterol become chronic.** Although not an ideal choice, vegetables have much lower levels of fats and lipids that are found in plants and are generally less lethal to the body than the animal fat/lipid types. Light salads, cooked or raw with salad dressings provide you with interesting alternatives when thinking of preparing a meal.
- 6 Control stress levels.** High stress levels are directly linked with high cholesterol levels and cardiac disease. Sufficient sleep and lower stress levels compliments the body's regulating system to maintain optimal health.

Avoid foods high in starch and sugar. These are stored in your body in turn pose danger to your health. Have much fruit and vegetables as in fruit is known to dilute the fats and lipids flowing in blood vessels.

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Tips

- Fresh vegetables contain higher levels of vitamins and nutrients as compared to the frozen or canned versions.
- Exercise regularly. Exercise increases your **metabolism** which in turn burns body fat and **toxins**.
- If on treatment for high blood cholesterol levels, follow treatment regimen as prescribed. Neglect and forgetting to take medication increases your risk of having a heart attack.
- Fatty meals should be eaten in moderation.
- Be conscious of what you eat. Remind yourself regularly if the foods you take will pose danger to your health.

Warnings

- If opting for a vegetarian lifestyle, ensure sufficient Vitamin B 12 and albumin levels are adequately maintained. A vegetarian diet form requires one to frequently take injections to sustain the bodies natural requirements.